

AGING HORIZONS

Published by the Aging Services Bureau/Senior & Long Term Care Division/DPHHS

December 2005

AGING PERSPECTIVES

Charlie Rehbein, Aging Coordinator

As we turn the page of the last year before the baby boomers start the ranks of those eligible for Older Americans Act services, its time to reflect on our accomplishments and look forward to the challenges of the next year.

Some of the accomplishments include:

- Our SHIP program and its counselors are doing an amazing job at educating and assisting Medicare beneficiary with their Medicare Part D benefits
- On the legislative front, the Aging Network received additional home delivered meals and in-home caregiver funds totaling over \$1,000,000 over the next two years.
- We received a 3 year Alzheimer's Disease Demonstration Grant, which will be increasing much needed respite services as well as providing outreach and education to Alzheimer's caregivers in partnership with the Alzheimer's Association – Montana Chapter
- We have expanded legal services through development of the Attorney/ Paralegal

Program, which provides legal assistance and advocacy to elders in most areas of the state.

Some of the challenges we still face:

- Funding is always an issue. Rising fuel, food, utility, insurance and operating costs are placing an increasing strain on the ability of local aging services to maintain current service levels. We need a stable funding source, like an aging trust fund.
- Volunteers are the lifeblood of many of aging programs, especially at the senior center level. As current volunteers age, they become less able to contribute to the operation of their centers. Centers are having an increasingly difficult time recruiting new volunteers to take the place of current volunteers, thus threatening the existence of many centers.
- An increase in the professionalism of our advocacy services has resulted in an increased demand and usage of these services, creating increased stress on both personnel and budgets for these programs.

I		
N	2005 Legislative Summit _____	2
	Powerful Tools for Caregivers Training _____	4
S	Senior Center/Nutrition Corner _____	5
	Big Sky Rx Program _____	9
I	Specialty License Plates for Aging Services _____	10
	Alzheimer's Grant Staff Hired _____	10
D	Aging Staff Member _____	11
	Honored _____	11
E	Ombudsman Comings and Goings _____	

AGING HORIZONS

Aging Services Bureau
SLTCD/DPHHS
P.O. Box 4210
Helena, MT 59604-4210
1-800-332-2272

Website address:
<http://www.dphhs.mt.us/sltc>

SLTC LEGISLATIVE ISSUES FORUM

The planning process for the next session of the Montana legislature is once again underway. The Senior and Long Term Care Division (SLTC) of the Department of Public Health and Human Services is seeking input and comments from consumers, providers and other interested persons on possible legislative issues relating to senior and long-term care services. We want to hear your ideas concerning possible new legislation, budget priorities, unmet service needs and any other issues you feel should be considered in the Division's or the Department's legislative initiatives.

The Division's programs include:

- State operated Veteran's homes in Columbia Falls and Glendive

- Medicaid Nursing Facility Program
- Medicaid Home and Community Based Waiver
- Aging Services Programs
- Medicaid Personal Care, Home Health and Hospice; and
- Adult Protective Services

In order to get public input, we are once again sponsoring statewide and local public forums on **December 13, 2005**. The Division will conduct a statewide discussion of SLTC services, issues and priorities over the MetNet satellite network from 10:00 AM until Noon. In the afternoon, SLTC staff members will facilitate discussions of local long term care service needs and priorities in each of the ten Montana communities.

SPECIFIC TOPICS OF DISCUSSION

1. Are there any legislative issues in the area of senior and long term care services such as changes in existing law or the addition of new statutes, that you feel the department should consider?
2. We all know that budgets are always tight, should any additional resources for senior and long term care services be available, what are the highest priority initiatives you would suggest the department consider in order to have the greatest positive impact on the people we serve?
3. What kind of changes in programs should the department consider in order to better plan, coordinate and deliver senior and long-term care services?
4. Looking collectively at all of the department's senior and long term care programs in your area, how would you prioritize the need for/value of the programs, given the funding available?
5. If reductions in funding should occur, how should the division prioritize reductions to services and programs to target those most in need and to create the least amount of negative impact on the people we serve?

➔ If you are interested in a chance to provide input for the future of senior and long term care services in Montana, please attend one or both of the sessions.

➔ If you are unable to attend, please feel free to submit your written comments to: Kelly Williams, Administrator, SLTC, P O Box 4210 Helena, MT 59604 or kewilliams@mt.gov

SLTC FORUM LOCATIONS

CITY	MORNING METNET LOCATIONS	ADDRESS
All times are 10 AM to Noon		
Billings	Montana State University at Billings Rob Massee, 896-5869	214 North Broadway 1 st Floor Conference Center
Bozeman	Montana State University Nadeen Comfort, 994-6553	EPS Building, So. 7th & Grant Burns Center Room 126
Butte	Montana Tech Cookie Sheehan, 496-4242	1300 West Park Street ELCB, Room 231
Glendive	Dawson County High School Shelly Weight, 874-6192	900 N. Merrill Ave Glendive, MT 59330
Great Falls	Great Falls College of Technology/MSU Deb Richerson, 771-4303	2100 16th Ave. So. Room B-133
Havre	Montana State University-Northern Wanda McKinney, 265-3702	300 11 th Street West Hagener Science Ctr., Rm 202
Helena	Dept. of Public Health & Human Svs Jim Cervelli, 444-1832	111 Sanders Street Lower Level Auditorium
Kalispell	Flathead Valley Community College Malinda Crawford, 756-3828	777 Grandview Drive Learning Resource Center Rm 120
Miles City	Miles City Health Care Clinic Mike Roscoe, 657-4870	620 S. Haynes Miles City, MT 59301
Missoula	University of Montana Joan Richarde, 243-6519	Corner of Arthur and Eddy Gallagher Bldg., Rm. 104

CITY	AFTERNOON MEETING LOCATION	TIMES/CONTACTS
Billings	Same as morning MetNet Rob Massee, 896-5869	Time: 1-3 Kathy Wise, 655-7644
Bozeman	Bozeman Senior Center 807 N Tracy	Time: 1-3 Sandy Larsen, 522-2267
Butte	Same as morning MetNet	Time: 1-3 pm Chesa Sullivan, 496-4989
Glendive	Yellowstone River Inn	Time: 12-3 pm No Host Lunch: 12:30 Lori Brengle, 377-3564
Great Falls	Benefis East, 1101 26 th St S Classrooms 1 & 2	Nancy Mortag, 453-8902
Havre	Havre Senior Center 2 West 2 nd Street	Time: 1-3 Evelyn Havskjold, 265-5464
Helena	Rocky Mountain Development Council 201 S Last Chance Gulch Room #13	Time: 1;30-4 pm Charles Aagenes, 447-1680
Kalispell	Flathead Valley Community College Science & Technology Bldg Room 151	Time: 1-3 pm Richard Rough, 755-5420
Miles City	Holy Rosary Hospital, Conf Room 3 2600 Wilson, 233-2602	Sue Howe, 377-6252
Missoula	U of M University Center Room 330	Time: 1-3 Amy Gentry, 329-1312

POWERFUL TOOLS FOR CAREGIVERS

Powerful Tools for Caregivers (PTC) is a 6-week interactive educational program for family caregivers to assist in reducing stress. PTC emphasizes self-care and empowerment of the caregiver.

This 2½ day train-the-training event uses the PTC curriculum and will prepare participants to use the program in their communities.

Learn from the program author and creator, Dr. Vicki Schmall. PTC is a nationally known program that has been found to assist caregivers in reducing the stress, loneliness and anxiety in caring for a friend or loved one with a chronic illness.

The training will be limited to 30 participants. Participants must commit to offering the course one time in their community by the end of 2006. Classes are led by two trained facilitators, therefore, people who pair up will be given preference.

Participants are responsible for their own travel, lodging and meals (except for

workshop lunch). The Microtel Inn provides a continental breakfast for hotel guests.

Location:	Microtel Inn & Suites, 612 Nikles Dr., Bozeman, MT
Date:	January 10-12, 2006
Cost:	\$50 per person

A block of rooms is being held at the Microtel Inn & Suites. For reservations call 1-877-771-7171 or 406-586-3797. The price for a single is \$59 + tax and a double will be \$69 + tax. Rooms will be held until December 9, 2005 so make reservations as soon as possible.

Limited scholarships are available.

This event is part of Montana's Alzheimer's Disease Demonstration Grant to States funded by the Administration on Aging.

For more information, contact: Sandy Bailey at 994-6745/ e-mail baileys@montana.edu

Powerful Tools for Caregivers Train-The-Trainer

Name: _____

Organization (if applicable): _____

Address: _____

Phone: _____ E-mail: _____

Registration Fee (\$50/person): _____ **REGISTRATION DEADLINE:** January 2, 2006



Submit form & fee to:
MSU Extension Service, Family & Human Development
PO Box 173540
Bozeman, MT 59717-3540



SENIOR CENTER/NUTRITION CORNER

This month's Corner highlights a number of different topics: holidays health tips, home delivered meals safety tips, guidelines for getting more fiber into your diet, and information about the 2005 State of Aging report, which focuses on senior center issues.

For more information, contact: Marni Stevens, Aging Svs Dietitian at 406-868-3874

AGING REPORT UPDATE

Each year, the Aging Services Bureau develops a State of Aging report. This is in response to a legislative mandate to produce a biennial report, with annual updates, on statewide and community issues related to aging. This year, we are looking at the current and future viability of Montana senior centers.

Since their inception in the early 1970's, the concept of multi-purpose senior centers as a focal point for senior services in local communities has been the mainstay of the Aging Network. The report will look at the evolution of senior centers over the years,

the current state of centers and the future issues and prospects for senior centers.

Earlier this month, we distributed a 6 page survey to all senior centers in order to obtain some data for the report. To date, about half of the centers have returned their surveys. We want to thank all the centers that took the time to complete and return their surveys. The data is providing useful information in analyzing current and future trends and issues facing our centers.

Centers that have not completed their survey can still submit them for inclusion in the report.

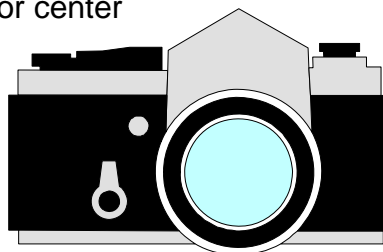
For more information, contact: Doug Blakley at 1-800-332-2272 or 444-7787

SENIOR CENTER PHOTOS NEEDED

We are looking for pictures of senior centers for the cover of the 2005 State of Aging report, which focuses on the senior center services. We are specifically looking for exterior shots of centers. We will select pictures that represent the wide diversity of venues that serve as senior centers.

If you have either a digital picture or either a black and white or color photograph that you would like to share for consideration for this

year's report cover, we are accepting submissions. Please send your photos to:



Doug Blakley
P O Box 4210
Helena MT 59604
or
email to dblakley@mt.gov.

If you would like to have your photos returned, please specify this when you send them in.

TIPS FOR A HEALTHY HOLIDAY SEASON

- For dips, sauce and pie toppings, use non-fat yogurt or fat-free sour cream.
- Use low-sodium, fat-free chicken broth in your mashed potatoes.
- Top casseroles with almonds instead of fried onion rings.
- Substitute fat-free, low-sodium chicken broth and skim milk for butter in stuffing.

Stick to your schedule with regards to meal times and your exercise plan. Skipping meals in anticipation of the 'big' feast will

cause you to nibble up until the meal and then overeat at the meal.

To prevent overindulgence and enjoy your meal, eat slowly, savor each bite and engage in mealtime conversations. Take time to eat slowly, allowing your stomach to get full.

Don't forget to get some type of physical activity. Talk a walk first thing in the morning or include family and friends after the meal.

PUMPKIN PIE

1- 15 oz can pumpkin puree
¾ cup fat-free half-and-half
½ cup sugar
2 eggs, slightly beaten
¾ t. cinnamon
¼ t. each ground cloves, ginger
1/8 t. nutmeg

1. Buttery pie crust* or 8" prepared pie crust Preheat oven to 425'.
2. In a med. bowl, with an electric mixer at med. speed, beat the pie ingredients until well blended.
3. Pour into the prepared crust, and bake for 15 minutes. Reduce the temperature to 350', and bake until the center is firm, about 45 minutes. Serve chilled.

Buttery piecrust:

In a small saucepan over low heat, melt 1 T. butter. Let cool slightly. In a medium bowl, whisk together 1¼ cups flour, ¼ t. salt and a pinch of cinnamon. Combine the melted butter with ¼ cup canola oil. Gently stir into the flour mixture With a fork until evenly combined. Add 2 T. apple juice, 1 T. at a time, just until the dough begins to hold together. Gather the dough into a ball, and flatten to a disk. Roll out the dough between 2 sheets of plastic wrap to form a 13" circle. Transfer to an 8" pie plate, pressing to form a rim.

WHIPPED SWEET POTATOES

1-1/2 # sweet potatoes, peeled and cut into 1-inch pieces
2 medium carrots (about ½ #), peeled and cut into 1-inch pieces
¼ cup evaporated skim milk
1-1/2 T. reduced-fat margarine
½ t. salt
1 T. brown sugar
2 T. orange juice
1/8 t. ground nutmeg

Place the sweet potatoes and carrots in a large saucepan with cold water to cover. Bring to a boil, reduce the heat, and simmer until the vegetables are very tender, about 15-20 minutes. Drain

Return the vegetables to the pan. Add the milk, margarine, salt, brown sugar, orange juice and nutmeg. Mash the potato mixture over low heat, and then whip the potatoes to the desired consistency. Serve immediately. 6 servings.

HOME DELIVERED MEALS AND FOOD SAFETY



As we age, the ability of our immune system to function at normal levels decreases. The immune system is one of the most important mechanisms for fighting disease and

preserving health, so a decrease in the level of disease-fighting cells is a significant factor in the number of infections that may occur. Those receiving home delivered meals can be at higher risks for food borne illnesses. Thus, it is important to exercise safety precautions in delivering and storing home delivered meals.

GENERAL FOOD SAFETY

- For the best quality, eat your meal upon delivery.
- Hot foods must be kept hot – at temperatures greater than 140 degrees.
- Cold foods must be kept cold – at temperatures least that 40 degrees.
- Harmful bacteria can multiply in the “danger zone” : between 40 - 140 degrees F.
- Discard any perishable food left at room temperature for longer than 2 hours.
- When temperatures are above 90 degrees, discard food after 1 hour!
- Place accurate thermometers in your refrigerator and freezer, and check the temperature occasionally.

FOR HOT FOOD DELIVERY:

- Eat hot food within 30 - 60 minutes of delivery.

- Eat cold food immediately, or place the cold food(s) in the refrigerator now.

FOR FROZEN MEAL DELIVERY:

- Eat frozen meals within 1 month of delivery
- Store frozen meals in a freezer at 10 degrees F or less

FOR FAST CHILLED MEAL DELIVERY:

- Eat fast chilled meals within 3 days of delivery
- Store these meals in a refrigerator at 40 degrees F or less

FOR REUSABLE CONTAINERS:

- Do not place the hard plastic containers in the oven.
- Food may be placed in a refrigerator and reheated later in a microwave.
- Please clean the container after use and have it ready for pick up with your next meal.

IF YOU ARE EATING YOUR MEAL LATER, TIPS TO KEEP THE FOOD SAFE:

- Refrigerate your meal for a later lunchtime.
- Reheat in a conventional oven or a microwave to at least 160 degrees F.
- Depending upon the meal packaging and your kitchen appliance you may need to transfer containers to use a microwave or conventional oven.
- When in doubt, ask the staff at the meal site for directions.

Source: Center for Food Safety & Applied Nutrition/FDA

START ROUGHING IT!

Fiber is one of those nutrients that many of us know is important but that remains a bit of a mystery. Exactly what is it? What are the best sources of fiber? And what are its health benefits? Here are some answers.

The term fiber refers to carbohydrates that cannot be digested. Fiber is present in all plants that are eaten for food, including fruits, vegetables, grains, and legumes. However, not all fiber is the same, and there are a number of ways to categorize it. One is by its source or origin. For example, fiber from

grains is referred to as cereal fiber. Another way of categorizing fiber is by how easily it dissolves in water. Soluble fiber partially dissolves in water. Insoluble fiber does not dissolve in water. Cereal fiber, the fiber found in grains, seems particularly beneficial in reducing the risk of coronary heart disease, diverticular disease and type 2 diabetes. Soluble fiber (especially wheat bran and oat bran) seems to be more effective than similar amounts of fiber from fruits and vegetables to relieve and prevent constipation.

SOLUBLE FIBER	INSOLUBLE FIBER
oatmeal oat bran nuts and seeds legumes dried peas beans lentils apples pears strawberries blueberries	whole grains whole wheat breads barley brown rice whole grain breakfast cereals wheat bran seeds carrots cucumbers celery tomatoes

RECOMMENDATIONS FOR FIBER INTAKE

Current recommendations suggest that adults consume **20-35 grams of dietary fiber per day**. The average American eats only 14-15 grams of dietary fiber a day. The best sources are fresh fruits and vegetables, nuts and legumes, and whole-grain foods.

HEALTH EFFECTS OF EATING FIBER

Long heralded as part of a healthy diet, fiber appears to reduce the risk of developing various conditions. Despite what many people may think, however, fiber probably has little, if any effect on colon cancer risk.

SOME TIPS FOR INCREASING FIBER INTAKE

- Eat whole fruits instead of drinking fruit juices.
- Replace white rice, bread, and pasta with brown rice and whole-grain products.
- Choose whole-grain cereals for breakfast.
- Snack on raw vegetables instead of chips, crackers, or chocolate bars.
- Substitute legumes for meat two to three times per week in chili and soups.

Source: Harvard School of Public Health

BIG SKY RX PROGRAM BEGINS NOVEMBER 15

Big Sky Rx, a State of Montana Program, was created to assist in paying Medicare Prescription Drug Plan premiums for eligible Montana residents. Authorized by the 2005 Legislature, the program will help pay the monthly premiums for Medicare beneficiaries who are also enrolled in one of the new Medicare prescription drug plans. The Big Sky Rx Program is funded with revenue from the tobacco-tax increase that voters approved in November 2004.

Big Sky Rx helps pay monthly Medicare drug coverage premiums up to \$33.11 for qualified Montana residents with Medicare. The program will begin to pay the monthly premiums starting January 1, 2006.

To qualify for the Big Sky Rx Program, an individual must:

- be eligible for a Medicare prescription drug plan,
- be a Montana resident and
- have an annual family income less than \$19,140 if you are single, or
- \$25,660 for a family of two.

A portion of family income will not be counted. Examples of income include:

- Wages
- Net self-employment earnings
- In-kind income
- Rental income
- Social Security income
- Veterans benefits
- Railroad Retirement benefits

There is no limit to the amount of assets you can have in order to be eligible for Big Sky Rx. Examples of assets include:

- Your primary home
- Cash
- Checking or saving accounts
- Personal vehicles

You should apply even if you think your income may be too high because some income is not counted in determining eligibility for Big Sky Rx. Program staff will help determine your countable income based on the information on your application. Your countable income may be reduced but not increased in this determination.



If you have questions about Big Sky Rx or wish to apply,

- Call toll-free 1-866-369-1233 or
- Out of state and in the Helena area 1-406-444-1233
- Applicants can also download an application at www.bigskyrx.mt.gov, or
- you can write to for an application to Big Sky Rx, P.O. Box 202915, Helena MT 59620-2915.

SPECIALTY PLATE FOR AGING SERVICES

The Montana Area Agencies on Aging have developed a new specialty license plate to help fund local aging service programs. Funds from the plates will go to Area Agencies on Aging and local aging programs to fund programs that help elders remain independent and at home, including meal programs, transportation and in-home services.

The theme of the license plate is "Montana's Treasures". The license plate depicts a grandmother in a rocking chair reading by starlight to two children.



Any individual or business who owns a passenger car, pickup, van, sport utility vehicle, motor home, large truck or bus that is registered in Montana can purchase a specialty plate. The cost of the plates and renewing them each year includes a donation that goes directly to aging programs. (\$45) and renewing them each year includes a \$30 donation that goes to support aging services.

There is no special process to apply for or renew most sponsored plates. The plates can be obtained through local County Treasurer/ Motor Vehicle Office.

For More information, contact: your local Aging Agency at 1-800-551-3171

ALZHEIMER'S GRANT STAFF HIRED



My name is Traci Clark. I recently accepted the position of Project Coordinator for the Alzheimer Grant. I graduated in 2002 from the University of Montana with a Bachelor's degree in Social Work. While at the University of Montana, I

served as President of the Student Social Work Association. I also received the Student Social Worker of the Year Award from the Montana Chapter of the National Association of Social Workers.

During my undergraduate education, I was employed as a caregiver in a personal care home and in a group home for

developmentally disabled individuals. I also completed my practicum placement with Adult Protective Services in Ravalli County. My first "real job" after graduation was as a Grassroots Organizer for InterMountain Planned Parenthood. For the past two years I have worked the graveyard shift with Child and Family Services on their Child Abuse Hotline taking reports from all 56 Montana counties and Tribal Reservations.

I am very excited to fill this new role working on the Alzheimer's Grant. It will be a great opportunity to learn and grow. This position will give me the opportunity to work in the area of aging, which was a primary focus of interest for me during my undergraduate education. I look forward to meeting many of you over the next few years.

For more information about the grant, contact: Traci Clark at 1-800-332-7722 or 444-6995

AGING STAFF MEMBER HONORED

Kimme Evermann, Montana SHIP Director with the Office on Aging, was awarded the Governor's Award for Excellence in Performance. This yearly award is given to nominated state employees to recognize them for their excellence in performance. Kimme was one of 140 state employees to receive the award this year.



The ceremony was held on September 28th at Carroll College. In recognition, Kimme received a plaque, coffee mug, flowers, and a picture with the Governor. She also received a big surprise - her parents drove all the way from Minnesota for the ceremony!

Great Job Kimme!

OMBUDSMAN COMINGS AND GOINGS!

NEWLY CERTIFIED OMBUDSMAN

Dave Swogger Area I/Miles City Dave and his wife have seven children and have served several foster children. Retired from the Bureau of Land Management, Dave has many skills and abilities which will benefit the Ombudsman program.

Louis Strand Area II/Big Timber Louis has been active with the Area II Agency on Aging for a number of years. As a former school administrator, as well as a bus driver for the local Senior Center, Louie brings a great deal of expertise and wisdom to our program.

Kim Sapone Area IV/Livingston Kim has worked with senior citizens for the past twenty years. In addition to her Ombudsman duties, she is the Director of the Park County Council on Aging and Senior Services, Inc.

Mary Dalton Area XI/ Missoula This summer Mary completed her BS in Social Work from the University of Montana. She

has worked at the Missoula Aging Services Office in a variety of positions – as a work-study student and intern. Mary's new position includes Information and Assistance and the Local Ombudsman.

PROGRAM DEPARTURES

Linda Baitner Area II/Big Timber Linda worked with the Ombudsman program for 2 ½ years in Big Timber. She has taken a full time position with the local school system. Thank you Linda for your commitment to seniors in Area II.

Roberta Rickman Area I/Miles City Bert has worked as an Ombudsman over the past 10 years in Area II and Area I. She will continue working with Area I, Action for Eastern Montana with the SHIP programs.

Thank you for serving the Ombudsman program